



National Nutrient Database for Standard Reference

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Statistics Report 01289, Kefir, lowfat, plain, LIFEWAY

Report Date: July 16, 2017 18:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	90.07	4	0.048	90	90.2	3.0	89.923	90.227	1	Analytical or derived from analytical	--	07/2015
Energy	kcal	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Energy	kJ	174	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Protein ¹	g	3.79	4	0.062	3.66	3.92	3.0	3.593	3.986	1	Analytical or derived from analytical	--	07/2015
Total lipid (fat) ¹	g	0.93	4	0.056	0.8	1.07	3.0	0.754	1.11	1	Analytical or derived from analytical	--	07/2015
Ash ¹	g	0.72	4	0.020	0.68	0.77	3.0	0.658	0.787	1	Analytical or derived from analytical	--	07/2015
Carbohydrate, by difference	g	4.48	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Sugars, total ¹	g	4.61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Sucrose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Fructose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Lactose ¹	g	3.70	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Maltose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Galactose ¹	g	0.91	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Minerals													
Calcium, Ca ¹	mg	130	4	1.436	128	134	3.0	125.68	134.82	1	Analytical or derived from analytical	--	07/2015
Iron, Fe ¹	mg	0.04	4	0.000	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	07/2015
Magnesium, Mg ¹	mg	12	4	0.132	12	12	3.0	11.629	12.471	1	Analytical or derived from analytical	--	07/2015
Phosphorus, P ¹	mg	105	4	0.577	104	106	3.0	103.163	106.837	1	Analytical or derived from analytical	--	07/2015
Potassium, K ¹	mg	164	4	1.250	161	167	3.0	159.772	167.728	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na 1	mg	40	4	0.547	39	41	3.0	37.885	41.365	1	Analytical or derived from analytical	--	07/2015
Zinc, Zn 1	mg	0.46	4	0.002	0.46	0.47	3.0	0.454	0.469	1	Analytical or derived from analytical	--	07/2015
Copper, Cu 1	mg	0.009	4	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	07/2015
Manganese, Mn 1	mg	0.005	4	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	07/2015
Selenium, Se 1	µg	3.6	2	--	3.4	3.8	1.0	--	--	1	Analytical or derived from analytical	--	07/2015
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Thiamin 1	mg	0.030	2	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	07/2015
Riboflavin 1	mg	0.135	2	--	0.12	0.15	1.0	--	--	1	Analytical or derived from analytical	--	07/2015
Niacin 1	mg	0.150	2	--	0.13	0.17	1.0	--	--	1	Analytical or derived from analytical	--	07/2015
Pantothenic acid 1	mg	0.385	2	--	0.38	0.39	1.0	--	--	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.058	2	--	0.06	0.06	1.0	--	--	1	Analytical or derived from analytical	--	07/2015
Folate, total ¹	µg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Folate, food	µg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Folate, DFE	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Choline, total	mg	15.2	--	--	--	--	--	--	--	--	Calculated or imputed	01231	07/2015
Vitamin B-12 ¹	µg	0.29	2	--	0.27	0.31	1.0	--	--	1	Analytical or derived from analytical	--	07/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Vitamin A, RAE	µg	171	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Retinol ¹	µg	171	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	569	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	01231	07/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Vitamin D (D2 + D3)	µg	1.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Vitamin D2 (ergocalciferol) ¹	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Vitamin D3 (cholecalciferol) ¹	µg	1.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Vitamin D	IU	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	01231	07/2015
Lipids													
Fatty acids, total saturated	g	0.658	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
4:0 ¹	g	0.029	4	0.002	0.03	0.03	3.0	0.024	0.034	1	Analytical or derived from analytical	--	07/2015
6:0 ¹	g	0.018	4	0.001	0.02	0.02	3.0	0.015	0.02	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 1	g	0.008	4	0.001	0.01	0.01	3.0	0.006	0.01	1	Analytical or derived from analytical	--	07/2015
10:0 1	g	0.021	4	0.003	0.01	0.03	3.0	0.012	0.031	1	Analytical or derived from analytical	--	07/2015
12:0 1	g	0.029	4	0.002	0.03	0.03	3.0	0.024	0.034	1	Analytical or derived from analytical	--	07/2015
14:0 1	g	0.105	4	0.007	0.09	0.12	3.0	0.082	0.128	1	Analytical or derived from analytical	--	07/2015
15:0 1	g	0.013	4	0.001	0.01	0.01	3.0	0.011	0.015	1	Analytical or derived from analytical	--	07/2015
16:0 1	g	0.308	4	0.020	0.27	0.35	3.0	0.244	0.372	1	Analytical or derived from analytical	--	07/2015
17:0 1	g	0.007	4	0.000	0.01	0.01	3.0	0.005	0.008	1	Analytical or derived from analytical	--	07/2015
18:0 1	g	0.118	4	0.007	0.1	0.13	3.0	0.096	0.141	1	Analytical or derived from analytical	--	07/2015
20:0 1	g	0.002	4	0.000	0	0	3.0	0.001	0.003	1	Analytical or derived from analytical	--	07/2015
22:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 ¹	g	0.000	4	0.000	0	0	3.0	-0.001	0.001	1	Analytical or derived from analytical	--	07/2015
Fatty acids, total monounsaturated	g	0.310	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
14:1 ¹	g	0.011	4	0.001	0.01	0.01	3.0	0.008	0.013	1	Analytical or derived from analytical	--	07/2015
15:1 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
16:1 undifferentiated ¹	g	0.020	4	0.002	0.02	0.02	3.0	0.015	0.026	1	Analytical or derived from analytical	--	07/2015
16:1 c ¹	g	0.017	4	0.001	0.01	0.02	3.0	0.013	0.021	1	Analytical or derived from analytical	--	07/2015
16:1 t ¹	g	0.003	4	0.000	0	0	3.0	0.002	0.005	1	Analytical or derived from analytical	--	07/2015
17:1 ¹	g	0.003	4	0.000	0	0	3.0	0.001	0.004	1	Analytical or derived from analytical	--	07/2015
18:1 undifferentiated ¹	g	0.273	4	0.017	0.23	0.31	3.0	0.218	0.327	1	Analytical or derived from analytical	--	07/2015
18:1 c ¹	g	0.246	4	0.015	0.21	0.28	3.0	0.198	0.294	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 t ¹	g	0.027	4	0.002	0.02	0.03	3.0	0.019	0.034	1	Analytical or derived from analytical	--	07/2015
20:1 ¹	g	0.004	4	0.001	0	0	3.0	0.002	0.005	1	Analytical or derived from analytical	--	07/2015
22:1 undifferentiated ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
22:1 c ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
22:1 t ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
24:1 c ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Fatty acids, total polyunsaturated	g	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
18:2 undifferentiated ¹	g	0.042	4	0.002	0.04	0.05	3.0	0.036	0.048	1	Analytical or derived from analytical	--	07/2015
18:2 n-6 c,c ¹	g	0.029	4	0.002	0.02	0.03	3.0	0.024	0.034	1	Analytical or derived from analytical	--	07/2015
18:2 CLAs ¹	g	0.006	4	0.001	0.01	0.01	3.0	0.004	0.008	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined ¹	g	0.008	4	0.001	0.01	0.01	3.0	0.006	0.009	1	Analytical or derived from analytical	--	07/2015
18:3 undifferentiated ¹	g	0.006	4	0.000	0.01	0.01	3.0	0.005	0.007	1	Analytical or derived from analytical	--	07/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.006	4	0.000	0.01	0.01	3.0	0.005	0.007	1	Analytical or derived from analytical	--	07/2015
18:3 n-6 c,c,c ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
18:3i ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
18:4 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
20:2 n-6 c,c ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
20:3 undifferentiated ¹	g	0.002	4	0.000	0	0	3.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2015
20:3 n-6 ¹	g	0.002	4	0.000	0	0	3.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2015
20:4 undifferentiated ¹	g	0.002	4	0.000	0	0	3.0	0.001	0.004	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) ¹	g	0.000	4	0.000	0	0	3.0	-0.001	0.001	1	Analytical or derived from analytical	--	07/2015
22:4 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
22:5 n-3 (DPA) ¹	g	0.001	4	0.000	0	0	3.0	--	0.002	1	Analytical or derived from analytical	--	07/2015
22:6 n-3 (DHA) ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Fatty acids, total trans	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Fatty acids, total trans-monoenoic	g	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Cholesterol ¹	mg	5	3	0.029	5	5	2.0	4.871	5.117	1	Analytical or derived from analytical	--	07/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19a, 2014 Beltsville MD